

Teaming up with parents

The *6gs* can serve as a useful educational tool to remind parents of their important role in the prevention of tobacco, alcohol, and drug use. Giving parents a copy of the *6gs* handout may encourage them to continue monitoring their children for this important potential problem.

1. *genetic*

- Does your child have any GENETIC predisposition to alcohol or other drug use?
- Is there any inappropriate role modeling to which your child is exposed?
- Do you use alcohol responsibly in your home?

2. *group*

- Do any members of the GROUP he or she hangs out with drink alcohol?
- Know who your child's friends are, and ask if any of them drink alcohol.
- Know where your child hangs out, and whether there is adult supervision.
- Ask what your child does when he or she is with friends, and what it takes for them to have a good time.

3. *give*

- Has your child ever been in the situation where someone offered to GIVE him/her alcohol or encouraged him/her to drink?
- Let your child know that even though alcohol may be available (at home, at someone else's home, at school, at a party, etc.) you expect him/her NOT to drink.
- Encourage your child to avoid being with kids who drink, and get away from the situation if someone is urging him/her to do so.

4. *get*

- Has your child ever been tempted to GET and try alcohol, or does he/she disapprove of drinking by young people?
- Find out if your child has ever thought about trying alcohol or has had even a single sip—or

whether he/she is just totally against it.

- Periodically inquire about other risky behaviors, and let your child know that you expect him/her to make good choices, and not to take chances, especially with alcohol.
- Help your child to develop strategies to be able to say "no" without feeling self-conscious.

5. *great*

- Does your child understand the GREAT dangers associated with underage drinking?
- Remind your child of the great dangers associated with underage drinking—both short-term (accidents, school failure, unwanted pregnancy, etc.) and long-term (health, social, economic, legal).
- Understand and talk with your child about how alcohol affects the young developing brain compared to its effects on adults who drink responsibly.
- Use the media to point out examples of alcohol's dangers—car crashes, drug busts, irresponsible behavior, etc.
- Help dispel the media myths that drinking is glamorous and that drinkers are more likeable, attractive, sexy, and fun than non-drinkers.

6. *guidance*

- Do you provide your child with enough GUIDANCE about drinking?
- Reinforce the fact that underage drinking is dangerous and illegal.
- Regularly remind your child about your hopes and expectations regarding drinking.
- Remind your child that, in fact, most kids don't drink, and that the behavior is unacceptable and will result in significant consequences.

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